

PMS / Menopause Symptom Chart

Month.....

Symptom	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Period																																
Headaches																																
Bloating																																
Breast tenderness																																
Food craving																																
Stomach cramps																																
Anxious																																
Panic																																
Irritable/aggressive																																
Weepy/low mood																																
Disturbed sleep																																
Hot flushes/sweats																																
Joint pain																																
Fatigue																																
Memory/concentration																																
Other																																

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